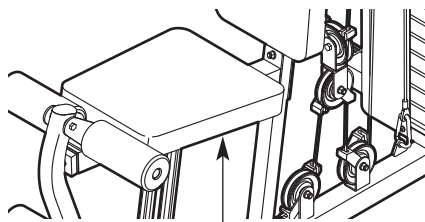


WEIDER® 2990 I

Model No. WEEVSY1909.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009

From Ireland: 053 9236102

Website: www.iconsupport.eu

E-mail: Visit www.iconsupport.eu

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

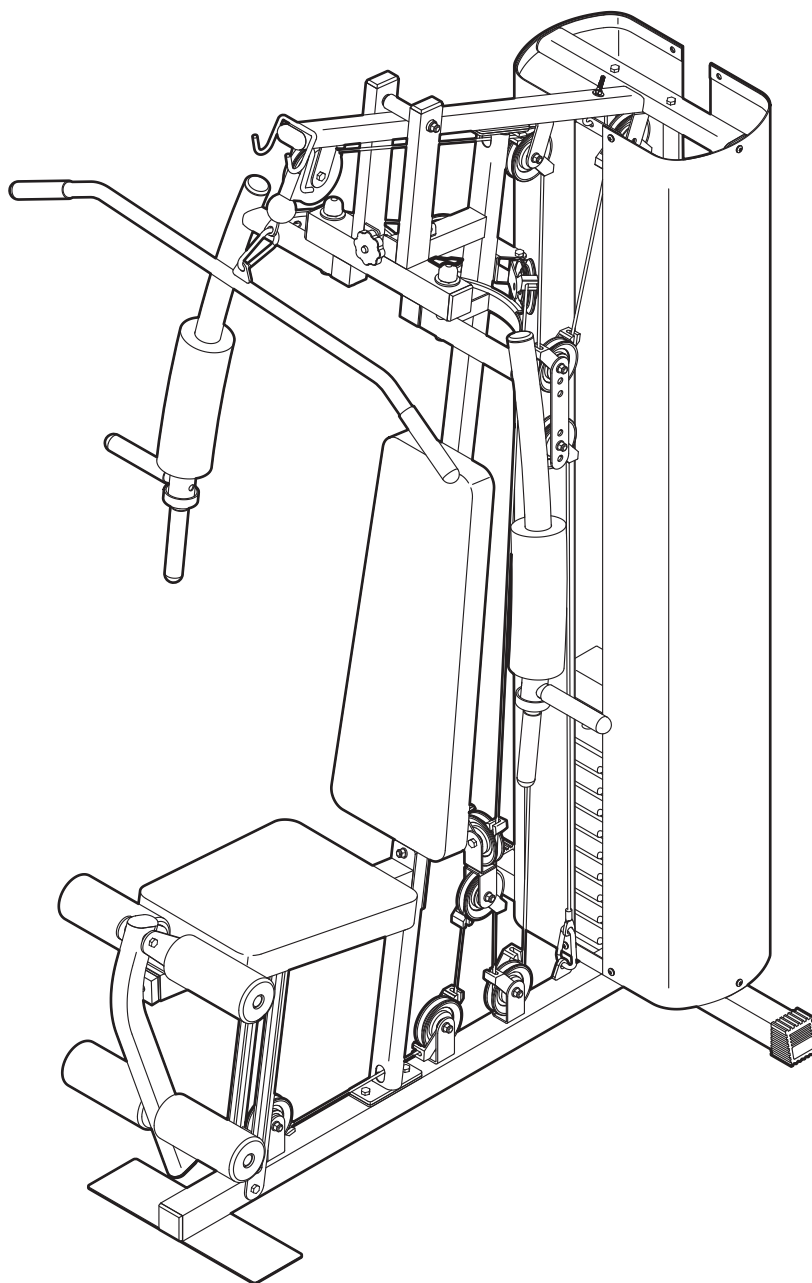
WF10 5QJ

UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



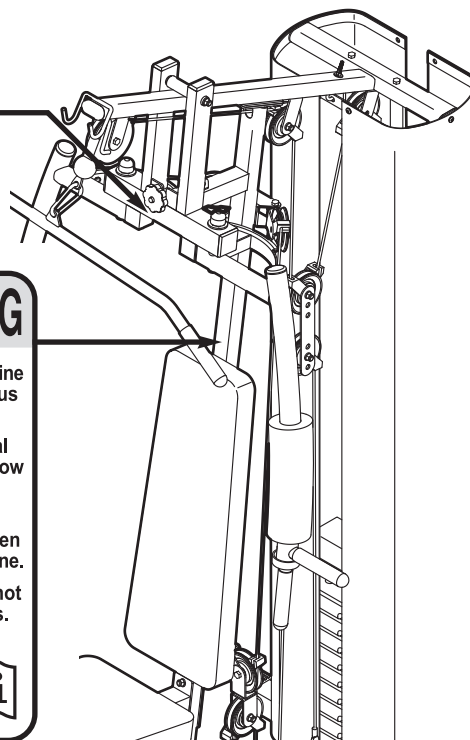
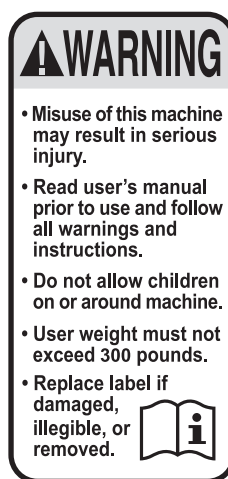
www.iconeurope.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS



WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight system before using your weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight system at all times.
7. The weight system should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection.
9. Keep hands and feet away from moving parts.
10. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
11. Never release the arms, leg lever or lat bar while weights are raised. The weights will fall with great force.
12. Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.
13. To prevent tipping, always sit on the seat while using the weight system.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
15. Use the weight system only as described in this manual.

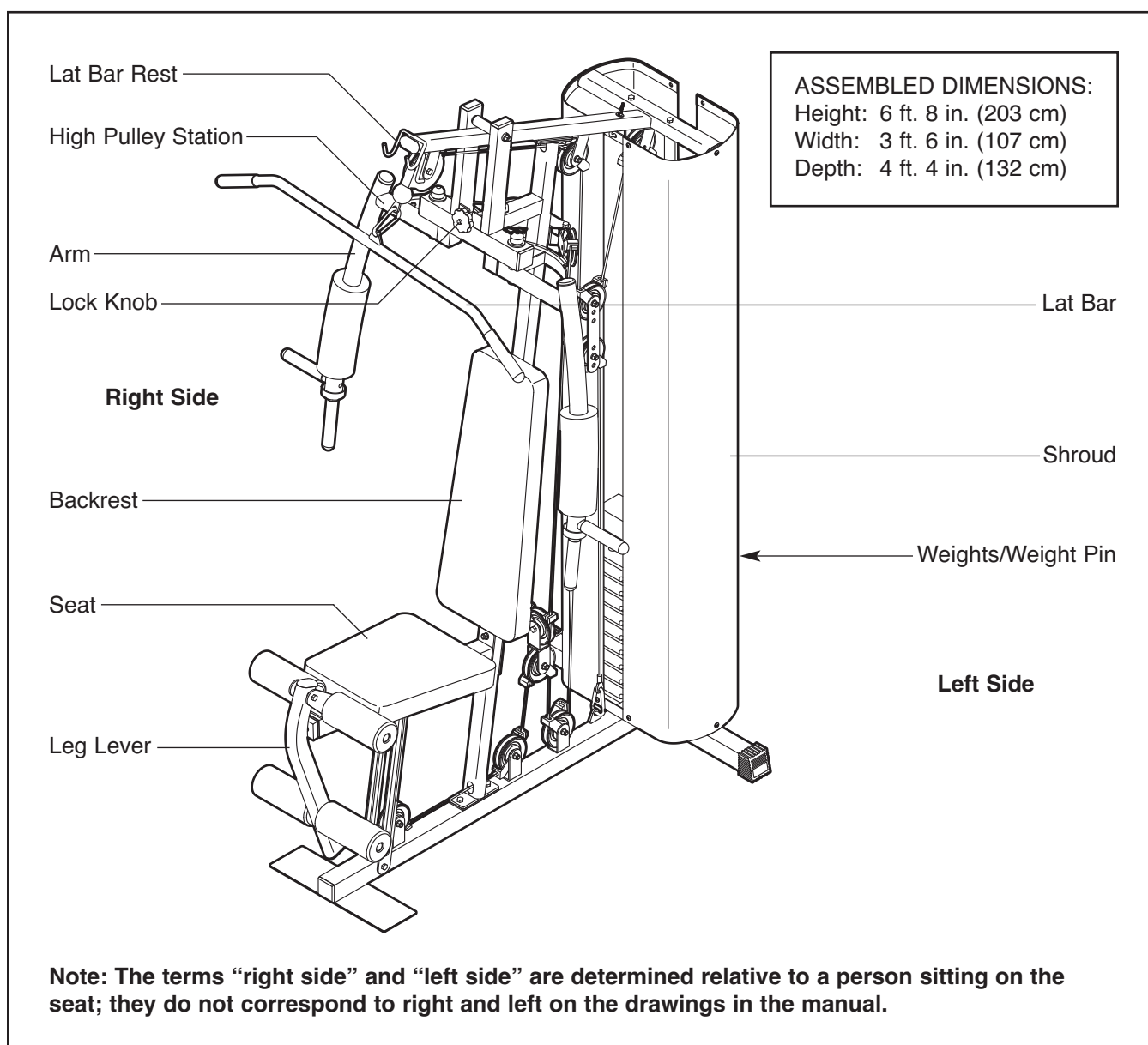
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 2990 I weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using your weight system. If you have questions

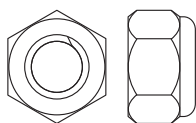
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

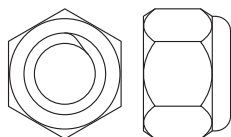


PART IDENTIFICATION CHART

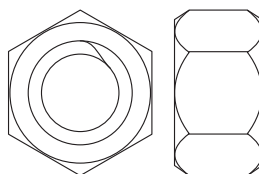
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**



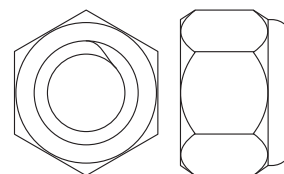
M8 Locknut (69)



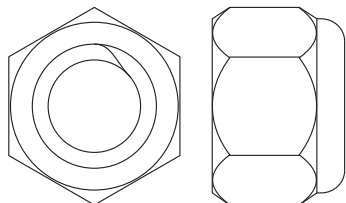
M10 Locknut (68)



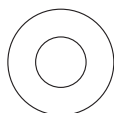
1/2" Nut (84)



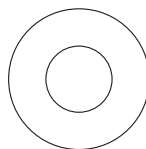
1/2" Locknut (70)



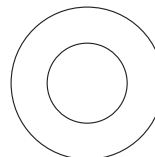
5/8" Locknut (75)



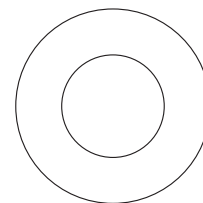
M6 Washer (79)



M8 Washer (74)



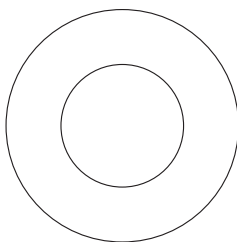
M10 Washer (73)



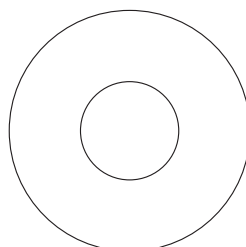
1/2" Washer (72)



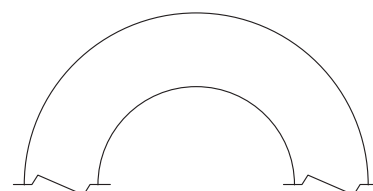
M10 Curved Washer (76)



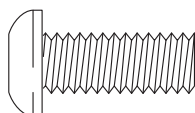
5/8" Washer (71)



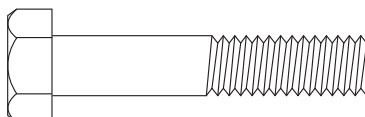
13mm Washer (78)



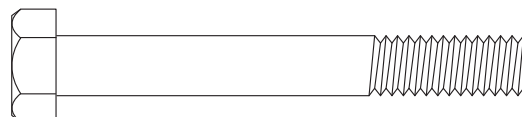
26mm Washer (77)



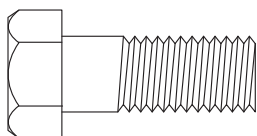
M8 x 20mm Screw (65)



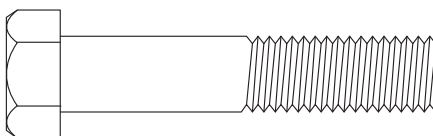
M8 x 42mm Screw (62)



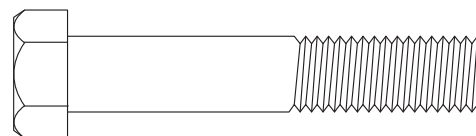
M8 x 63mm Bolt (61)



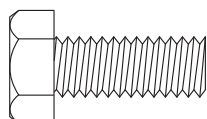
M10 x 25mm Screw (60)



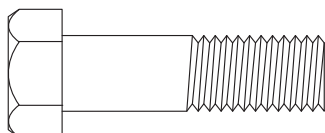
M10 x 50mm Bolt (58)



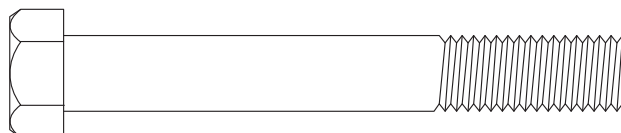
M10 x 55mm Bolt (57)



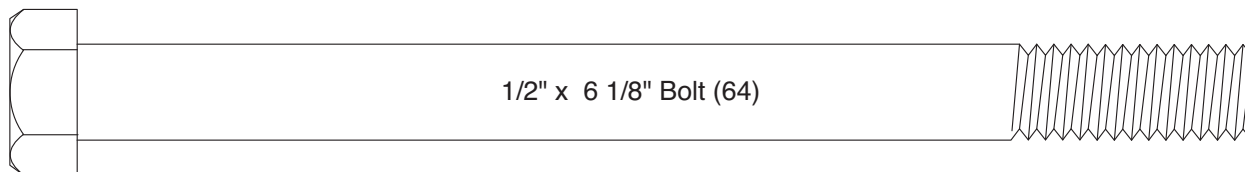
M8 x 16mm
Screw (63)



M10 x 35mm Bolt (59)



M10 x 75mm Bolt (66)







1/2" x 6 1/8" Bolt (64)

ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

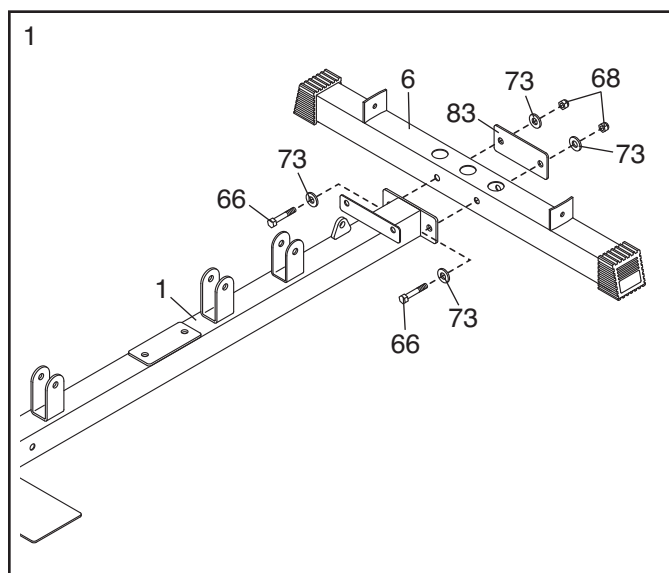
- The following tools (not included) may be required for assembly:

two adjustable wrenches	
one rubber mallet	
one standard screwdriver	
one Phillips screwdriver	

Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

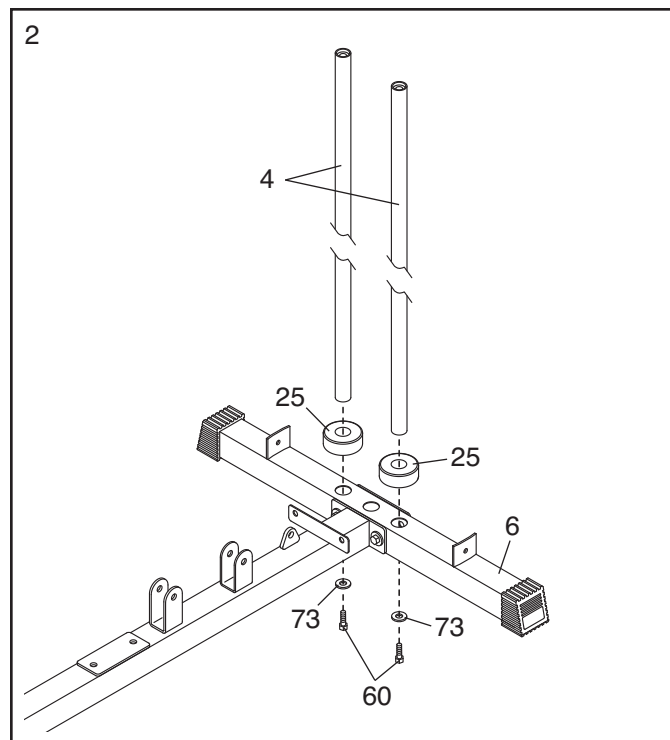
1. Orient the Long Base (1) and the Short Base (6) as shown.

Attach the Long Base (1) and a Base Plate (83) to the Short Base (6) with two M10 x 75mm Bolts (66), four M10 Washers (73), and two M10 Locknuts (68).



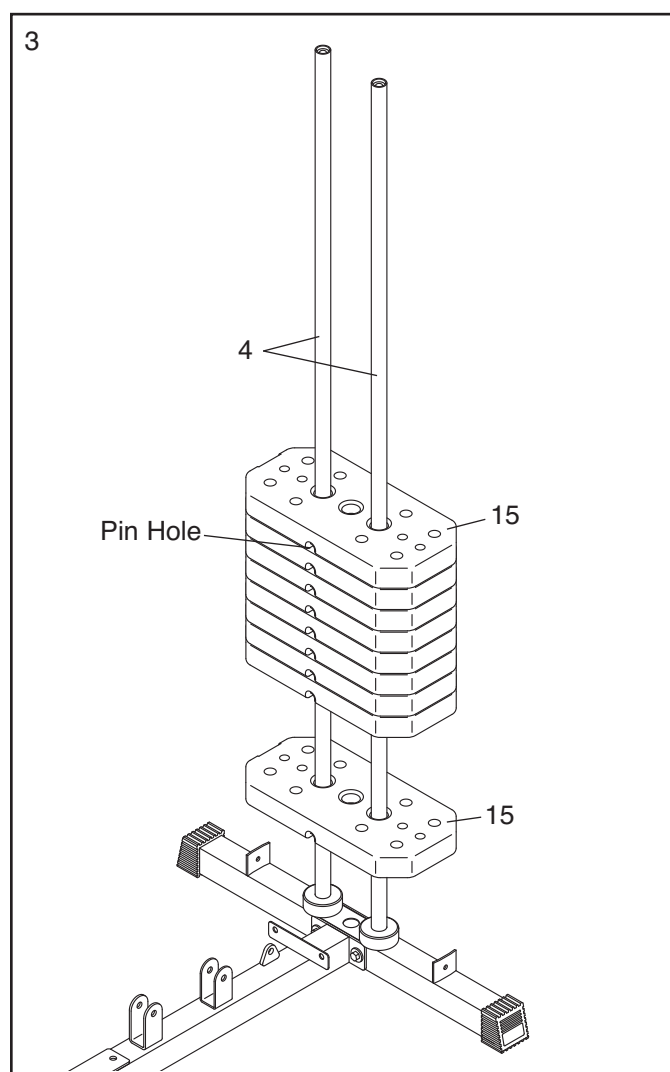
2. Slide the two Weight Bumpers (25) onto the Weight Guides (4), and insert the Weight Guides into the Short Base (6).

Attach the Weight Guides (4) to the Short Base (6) with two M10 x 25mm Screws (60) and two M10 Washers (73).



3. Orient the nine Weights (15) so that the pin holes are on the bottom of the Weights as shown.

Slide the Weights (15) onto the Weight Guides (4).



4. Orient the Weight Selector (7) and the Plastic Bushing (26) as shown.

Slide the Plastic Bushing (26) onto the Weight Selector (7). Align the hole in the Plastic Bushing with the top hole in the Weight Selector.

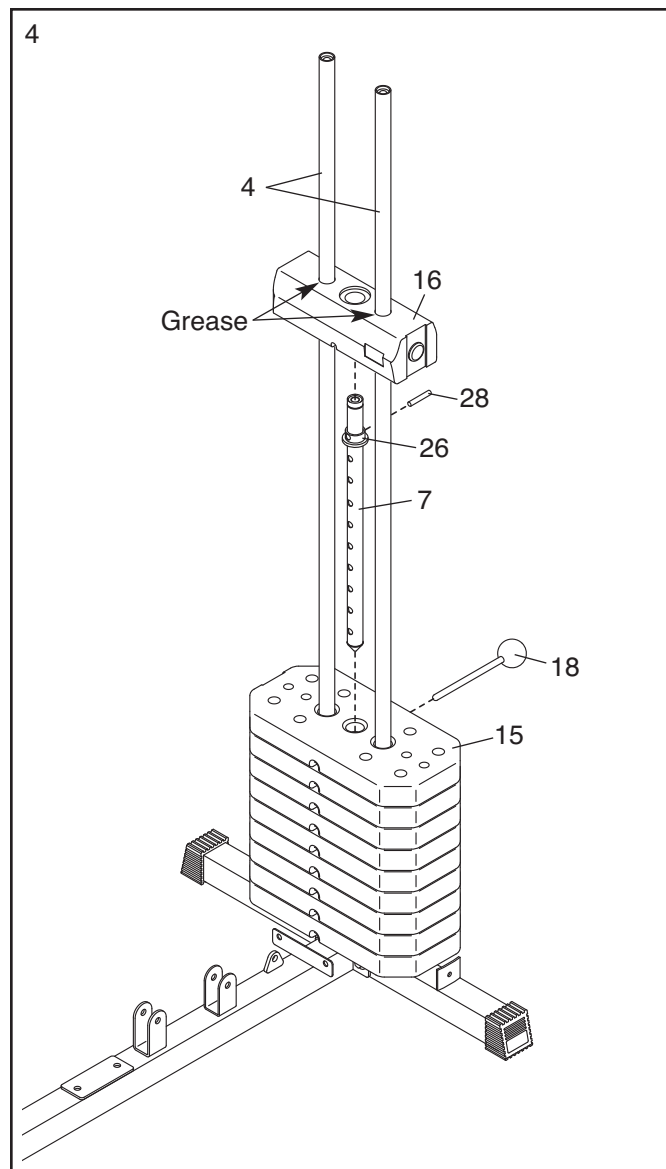
Insert the Bushing Pin (28) into the Plastic Bushing (26) and the Weight Selector (7).

Insert the Weight Selector (7) into the nine Weights (15).

Apply some of the included grease to the indicated holes in the Top Weight (16).

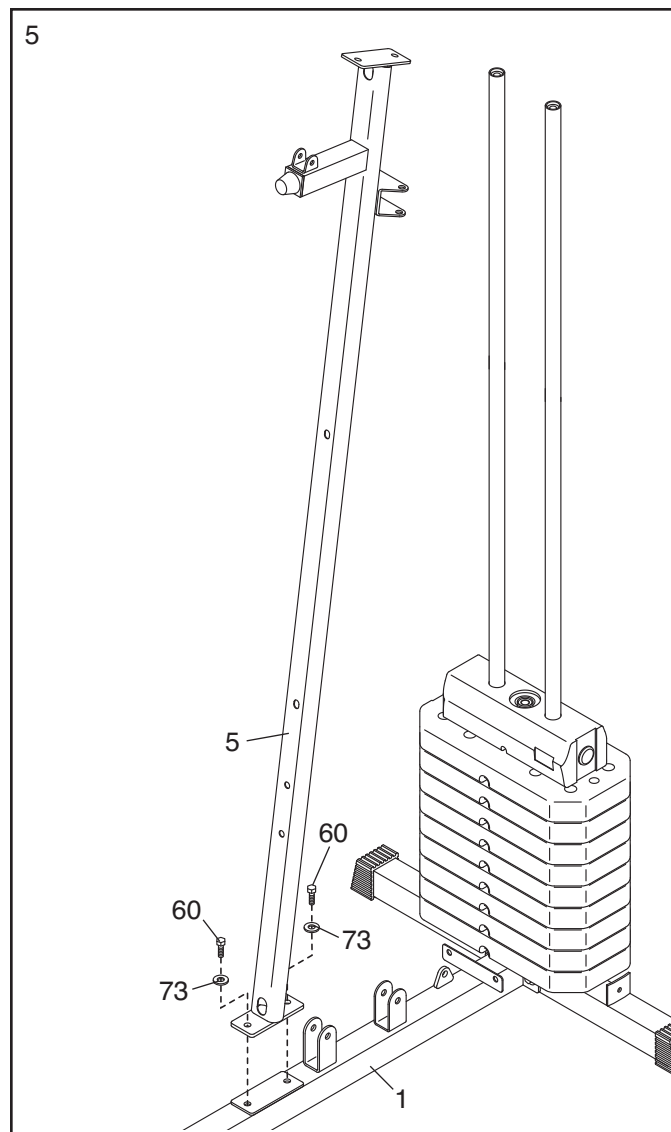
Slide the Top Weight (16) onto the Weight Guides (4). Press the Top Weight downward over the Weight Selector (7).

Insert the Weight Pin (18) into a Weight (15).



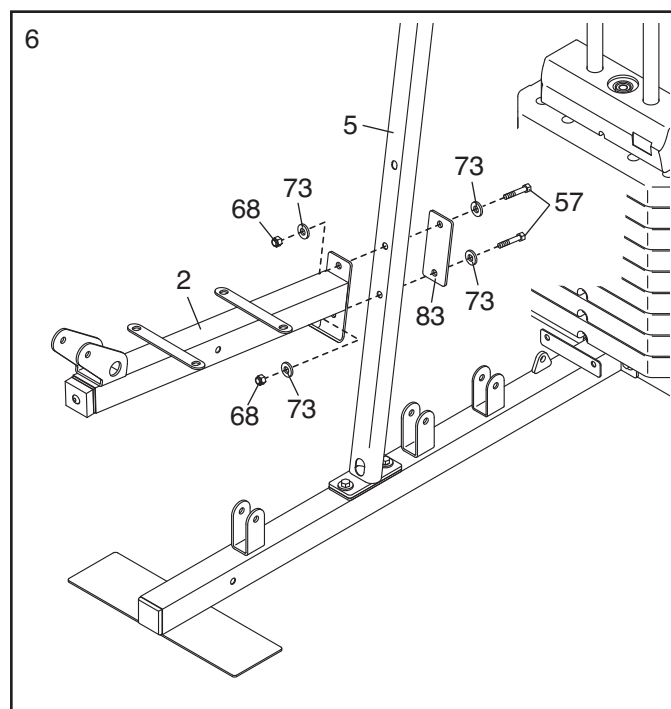
5. Orient the Upright (5) as shown.

Attach the Upright (5) to the Long Base (1) with two M10 x 25mm Screws (60) and two M10 Washers (73).



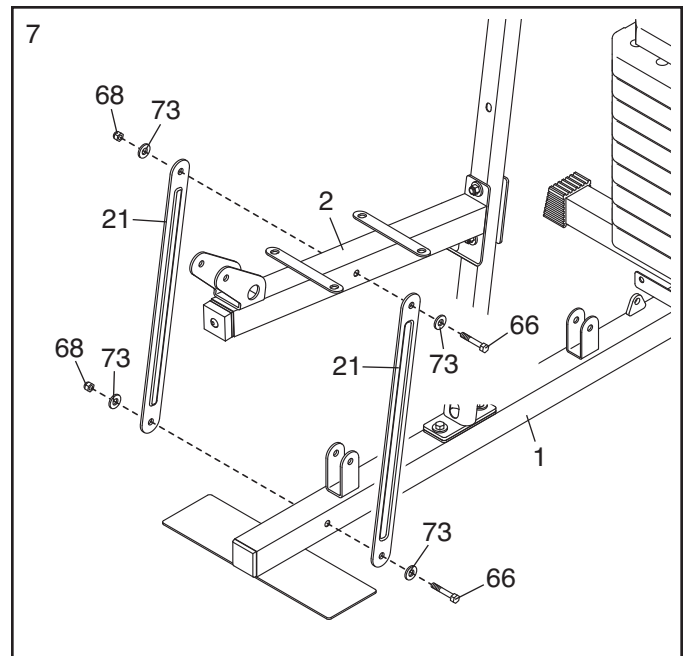
6. Orient the Seat Frame (2) as shown.

Attach the Seat Frame (2) and a Base Plate (83) to the Upright (5) with two M10 x 55mm Bolts (57), four M10 Washers (73), and two M10 Locknuts (68).



7. Orient the two Braces (21) as shown.

Attach the Braces (21) to the Seat Frame (2) and the Long Base (1) with two M10 x 75mm Bolts (66), four M10 Washers (73), and two M10 Locknuts (68).

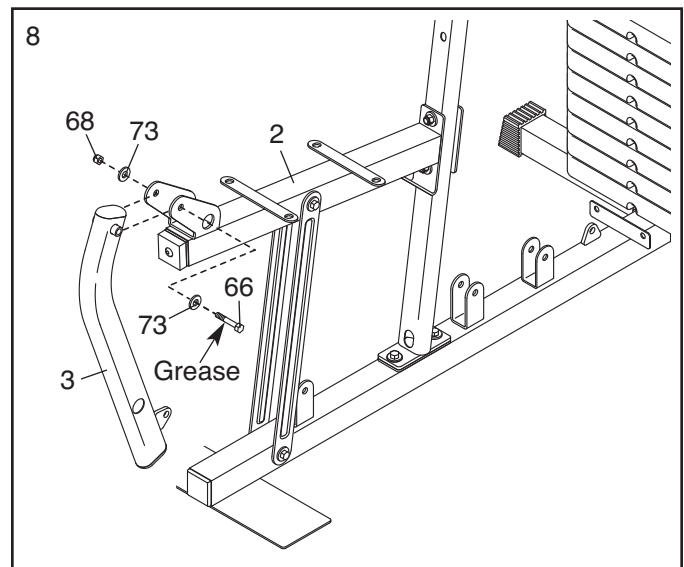


8. Apply grease to an M10 x 75mm Bolt (66).

Orient the Leg Lever (3) as shown.

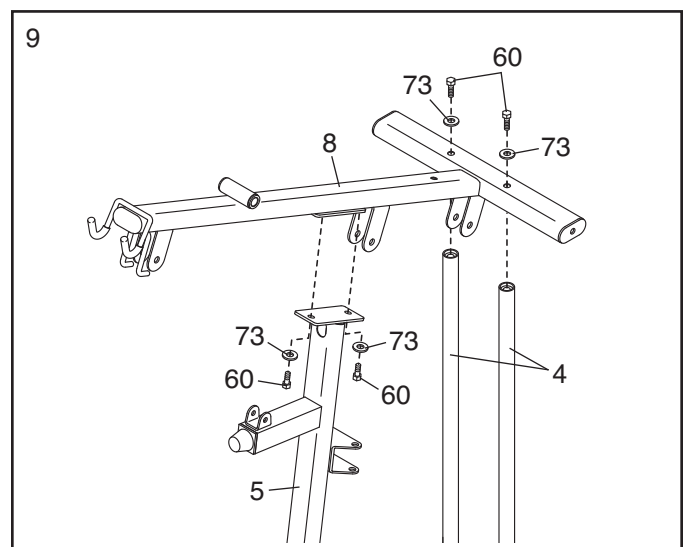
Attach the Leg Lever (3) to the bracket on the Seat Frame (2) with the M10 x 75mm Bolt (66), two M10 Washers (73), and an M10 Locknut (68).

**Do not overtighten the M10 Locknut (68).
The Leg Lever (3) must pivot easily.**



9. Attach the Top Frame (8) to the Upright (5) with two M10 x 25mm Screws (60) and two M10 Washers (73).

Then, attach the Top Frame (8) to each Weight Guide (4) with an M10 x 25mm Screw (60) and an M10 Washer (73).

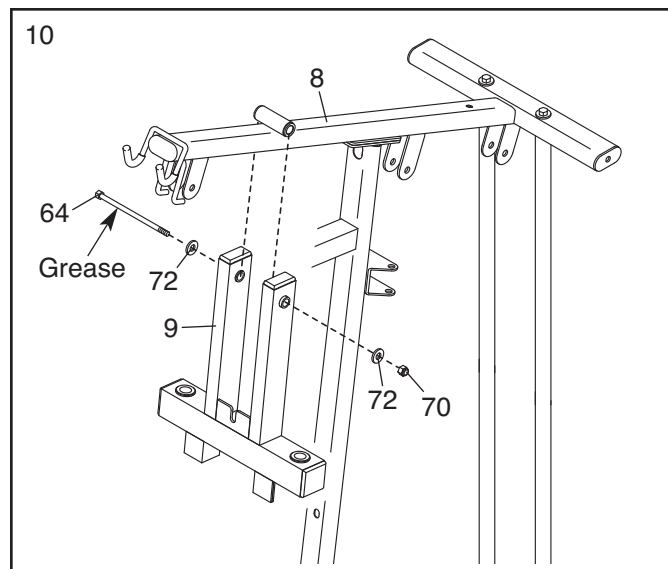


10. Apply grease to a 1/2" x 6 1/8" Bolt (64).

Orient the Arm Frame (9) as shown.

Attach the Arm Frame (9) to the Top Frame (8) with the 1/2" x 6 1/8" Bolt (64), two 1/2" Washers (72), and a 1/2" Locknut (70).

Do not overtighten the 1/2" Locknut (70). The Arm Frame (9) must pivot easily.



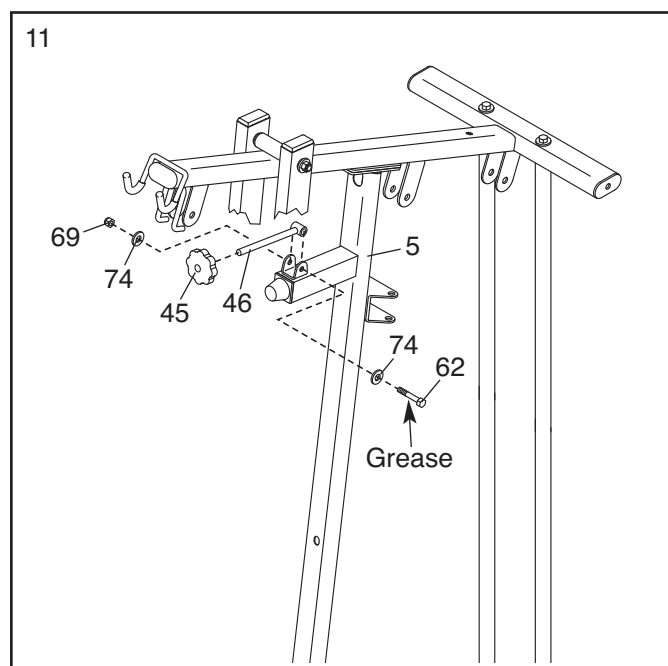
11. Apply grease to an M8 x 42mm Screw (62).

Hold the Lock Rod (46) inside the bracket on the Upright (5).

Attach the Lock Rod (46) to the Upright (5) with the M8 x 42mm Screw (62), two M8 Washers (74), and an M8 Locknut (69).

Do not overtighten the M8 Locknut (69). The Lock Rod (46) must pivot easily.

Tighten the Lock Knob (45) onto the end of the Lock Rod (46).

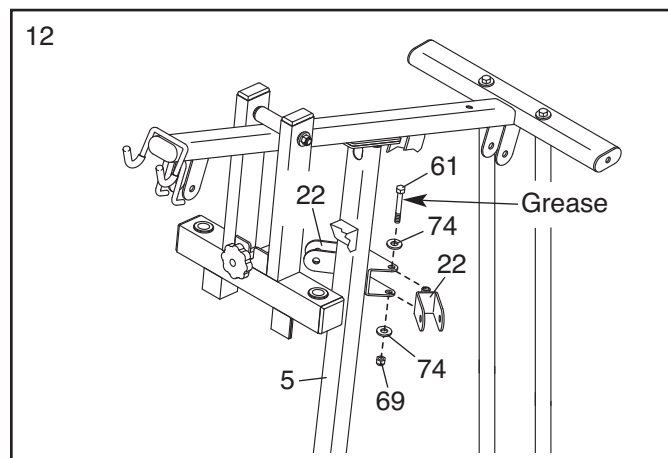


12. Apply grease to an M8 x 63mm Bolt (61).

Attach a U-bracket (22) to one side of the Upright (5) with the M8 x 63mm Bolt (61), two M8 Washers (74), and an M8 Locknut (69).

Do not overtighten the M8 Locknut (69). The U-bracket (22) must pivot easily.

Attach the other U-bracket (22) to the Upright (5) in the same way.



13. Identify the Left Arm (12), which is marked with an "L" sticker, and orient it as shown.

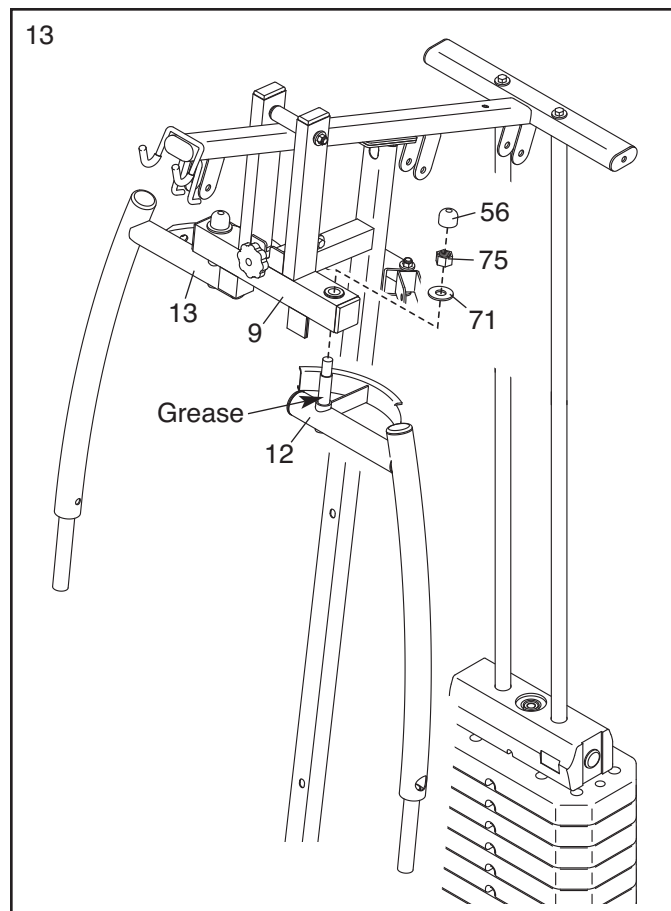
Apply grease to the indicated location on the Left Arm (12).

Insert the Left Arm (12) into the Arm Frame (9). Attach the Left Arm with a 5/8" Locknut (75) and a 5/8" Washer (71).

Do not overtighten the 5/8" Locknut (75). The Left Arm (12) must pivot easily.

Then, press a 5/8" Dome Cap (56) onto the 5/8" Locknut (75).

Repeat this step for the Right Arm (13).



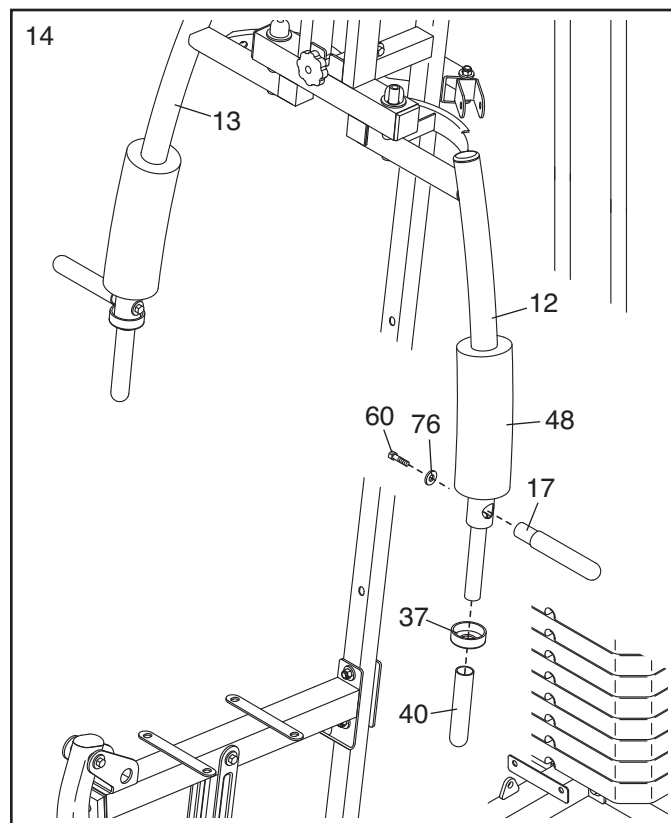
14. Slide a Large Foam Pad (48) onto the Left Arm (12).

Insert a Handle (17) into the Left Arm (12). Attach the Handle with an M10 x 25mm Screw (60) and an M10 Curved Washer (76).

Slide an Arm Cap (37) upward onto the Left Arm (12) and press it into place.

Slide a Handgrip (40) over the end of the Left Arm (12).

Repeat this step for the Right Arm (13).

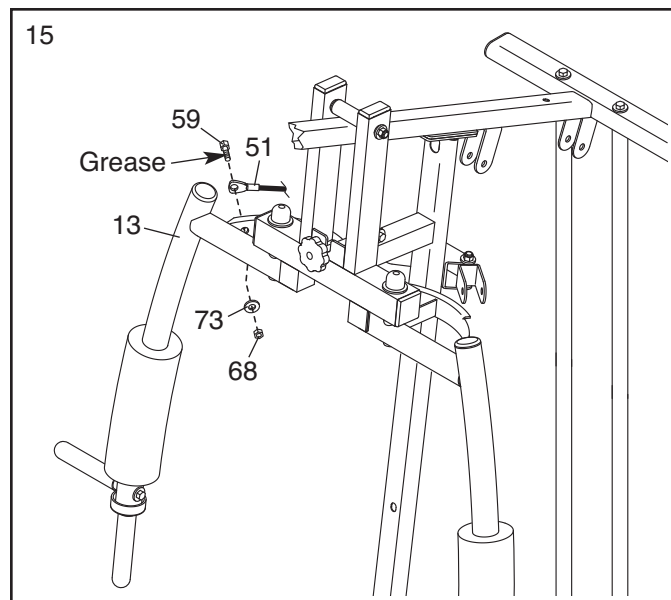


15. See the CABLE DIAGRAM on page 26 and identify the Arm Cable (51).

Apply grease to an M10 x 35mm Bolt (59).

Attach the end of the Arm Cable (51) to the Right Arm (13) with the M10 x 35mm Bolt (59), an M10 Washer (73), and an M10 Locknut (68).

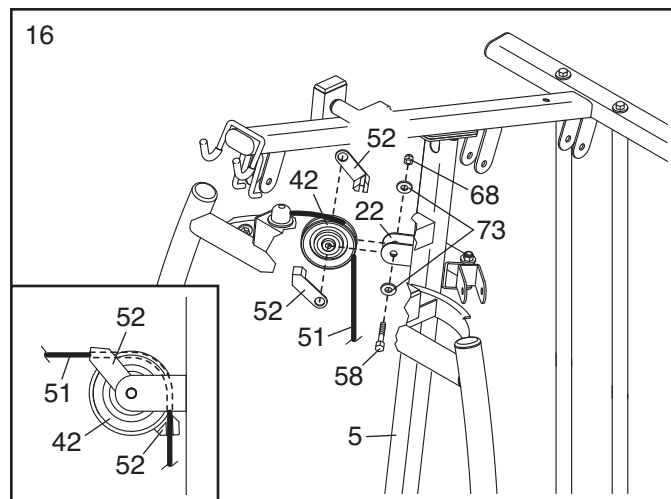
Do not overtighten the M10 Locknut (68). The end of the Arm Cable (51) must pivot easily.



16. Route the Arm Cable (51) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the right U-bracket (22) on the Upright (5) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

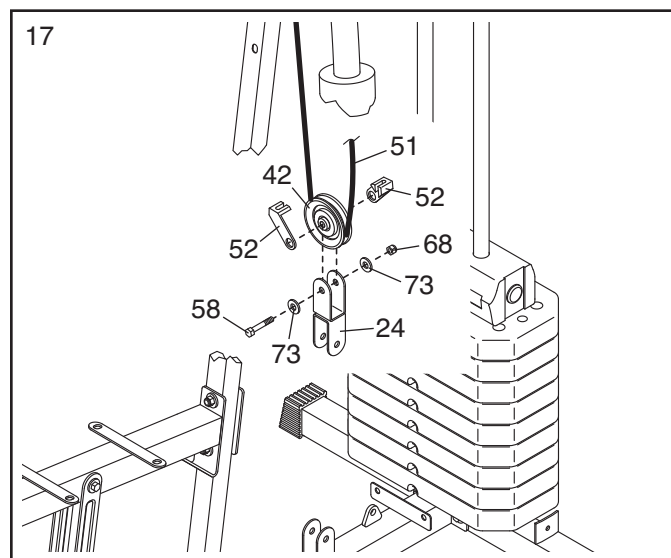
See the inset drawing. Make sure that the Cable Guides (52) are holding the Arm Cable (51) in the groove of the Pulley (42).



17. Route the Arm Cable (51) under a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to one end of the Double U-bracket (24) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

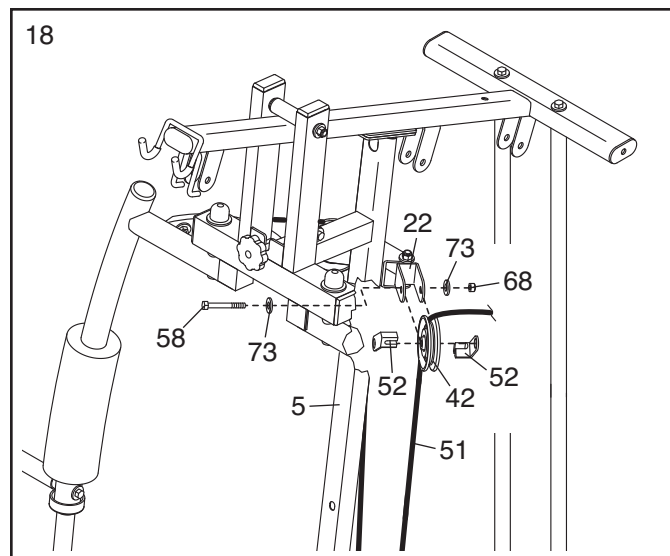
Make sure that the Cable Guides (52) are holding the Arm Cable (51) in the groove of the Pulley (42).



18. Route the Arm Cable (51) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the left U-bracket (22) on the Upright (5) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

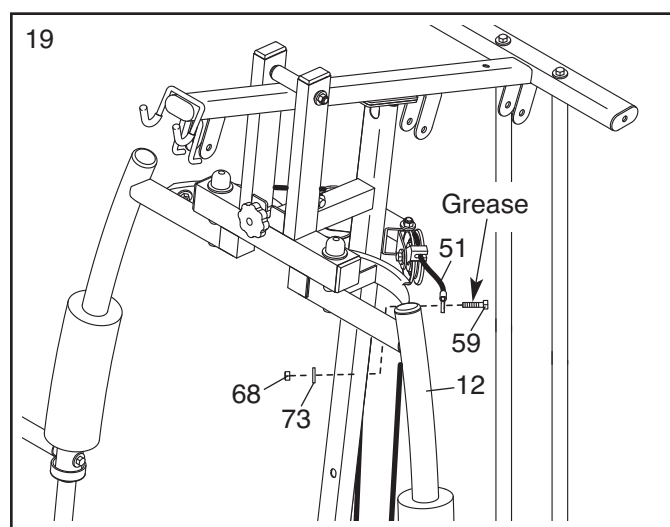
Make sure that the Cable Guides (52) are holding the Arm Cable (51) in the groove of the Pulley (42).



19. Apply grease to an M10 x 35mm Bolt (59).

Attach the end of the Arm Cable (51) to the Left Arm (12) with the M10 x 35mm Bolt (59), an M10 Washer (73), and an M10 Locknut (68).

Do not overtighten the M10 Locknut (68). The end of the Arm Cable (51) must pivot easily.



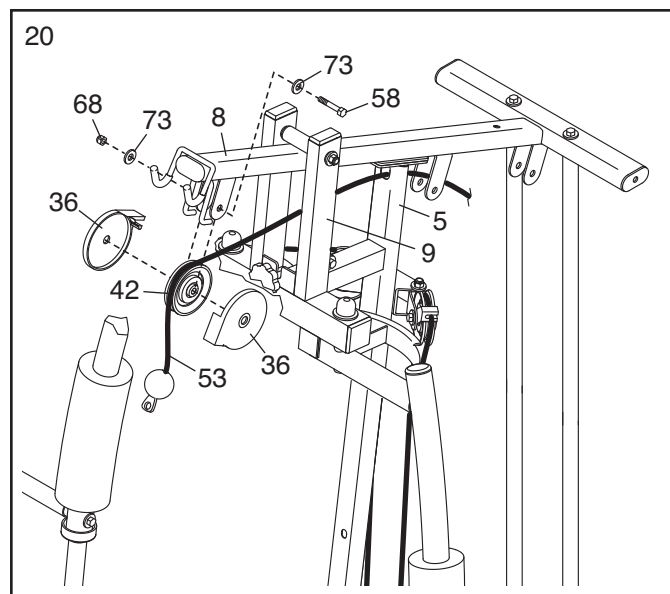
20. See the CABLE DIAGRAM on page 26 and identify the High Cable (53).

Route the High Cable (53) over a Pulley (42).

Attach the Pulley (42) and two Round Cable Guides (36) to the front bracket on the Top Frame (8) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Round Cable Guides (36) are holding the High Cable (53) in the groove of the Pulley (42).

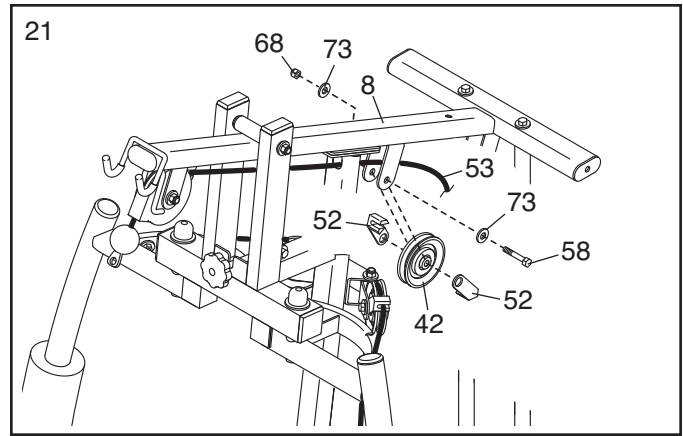
Route the High Cable (53) through the Arm Frame (9) and through the hole in the Upright (5).



21. Route the High Cable (53) through the center bracket on the Top Frame (8).

Attach a Pulley (42) and two Cable Guides (52) to the center bracket on the Top Frame (8) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the High Cable (53) in the groove of the Pulley (42).

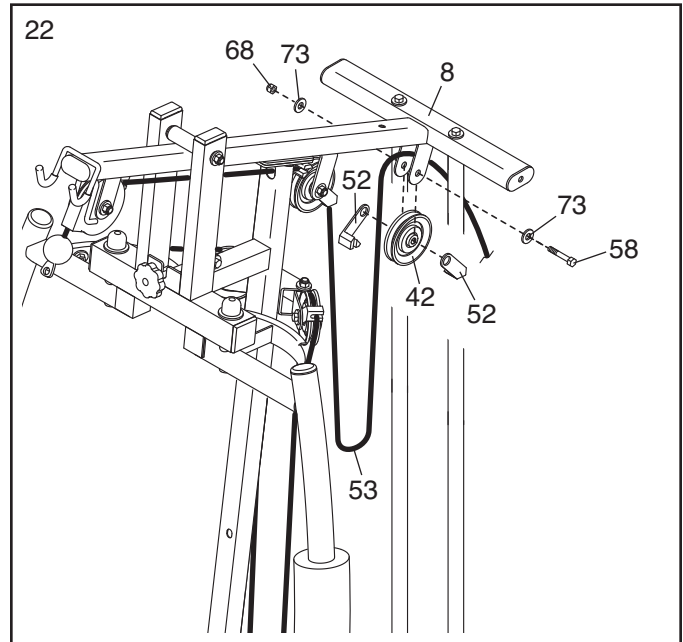


22. Route the High Cable (53) through the rear bracket on the Top Frame (8).

Attach a Pulley (42) and two Cable Guides (52) to the rear bracket on the Top Frame (8) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the High Cable (53) in the groove of the Pulley (42).

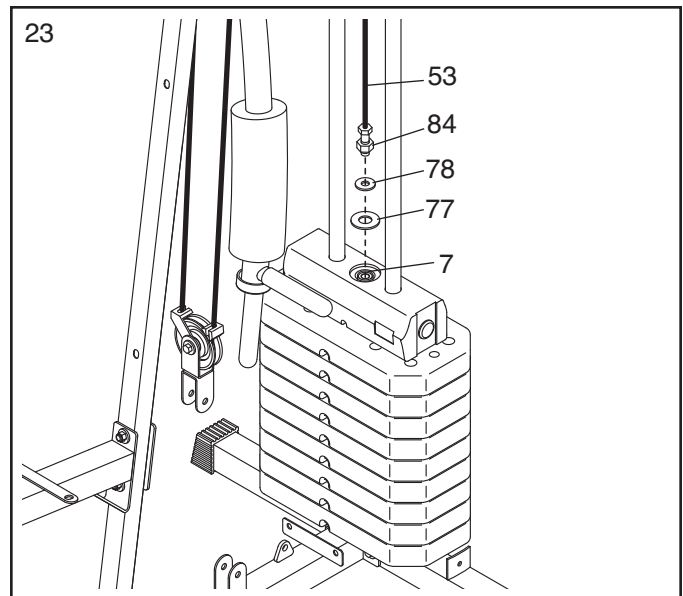
Pull the High Cable (53) downward between the center and rear brackets on the Top Frame (8) so that there is slack in the High Cable. **The slack will be used in step 24.**



23. Thread a 1/2" Nut (84) all the way onto the High Cable (53).

Place a 26mm Washer (77) and a 13mm Washer (78) on top of the Weight Selector (7).

Tighten the High Cable (53) three quarters of the way into the Weight Selector (7). Then, tighten the 1/2" Nut (84) against the 13mm Washer (78).

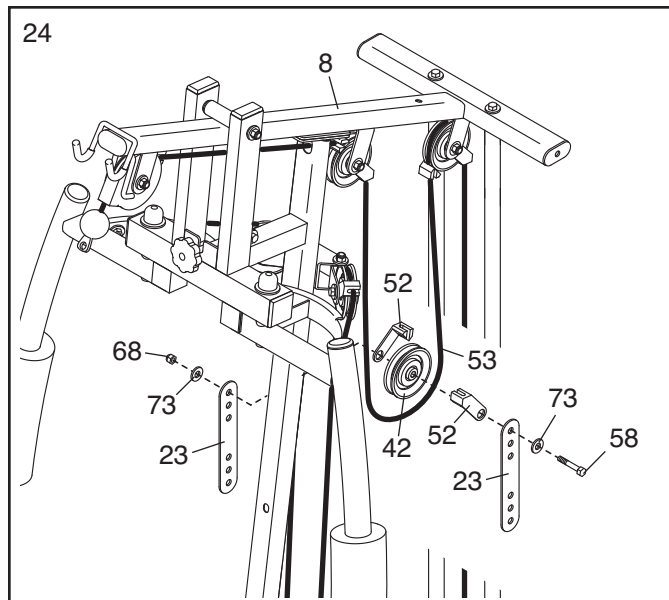


24. Locate the High Cable (53) hanging between the center and rear brackets on the Top Frame (8).

Set a Pulley (42) on the High Cable (53).

Attach the Pulley (42) and two Cable Guides (52) between the top holes in the two Pulley Plates (23) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the High Cable (53) in the groove of the Pulley (42).



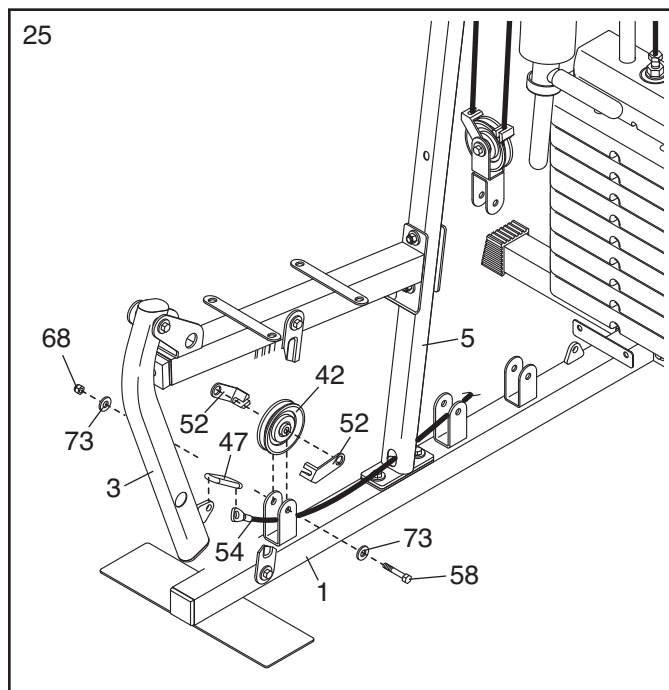
25. See the CABLE DIAGRAM on page 26 and identify the Low Cable (54).

Attach the end of the Low Cable (54) to the Leg Lever (3) with a Cable Clip (47).

Route the Low Cable (54) through the front bracket on the Long Base (1) and through the hole in the Upright (5).

Attach a Pulley (42) and two Cable Guides (52) to the front bracket on the Long Base (1) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

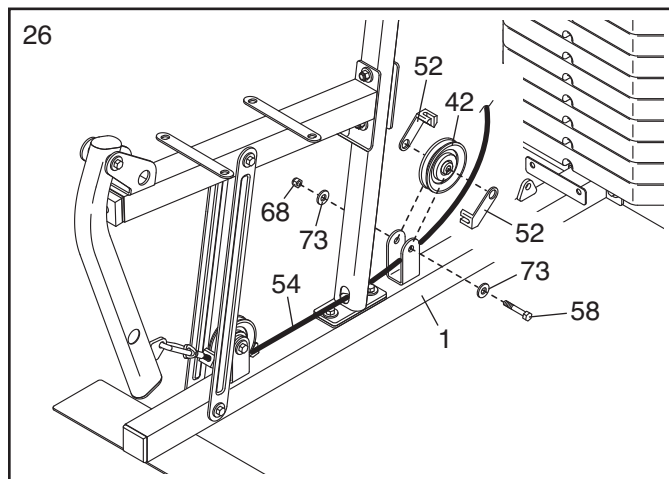
Make sure that the Cable Guides (52) are holding the Low Cable (54) in the groove of the Pulley (42).



26. Route the Low Cable (54) through the center bracket on the Long Base (1).

Attach a Pulley (42) and two Cable Guides (52) to the center bracket on the Long Base (1) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

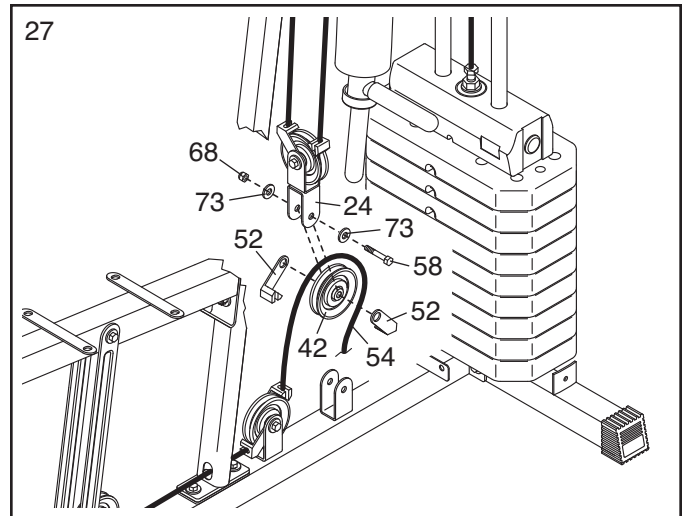
Make sure that the Cable Guides (52) are holding the Low Cable (54) in the groove of the Pulley (42).



27. Route the Low Cable (54) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the Double U-bracket (24) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

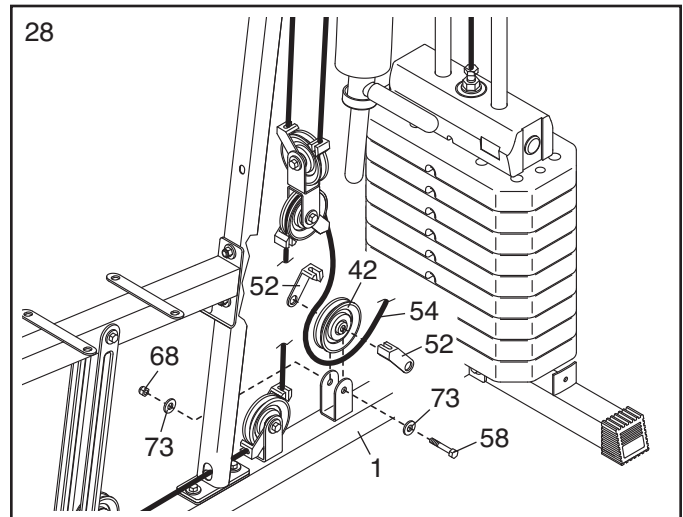
Make sure that the Cable Guides (52) are holding the Low Cable (54) in the groove of the Pulley (42).



28. Route the Low Cable (54) under a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) to the rear bracket on the Long Base (1) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

Make sure that the Cable Guides (52) are holding the Low Cable (54) in the groove of the Pulley (42).

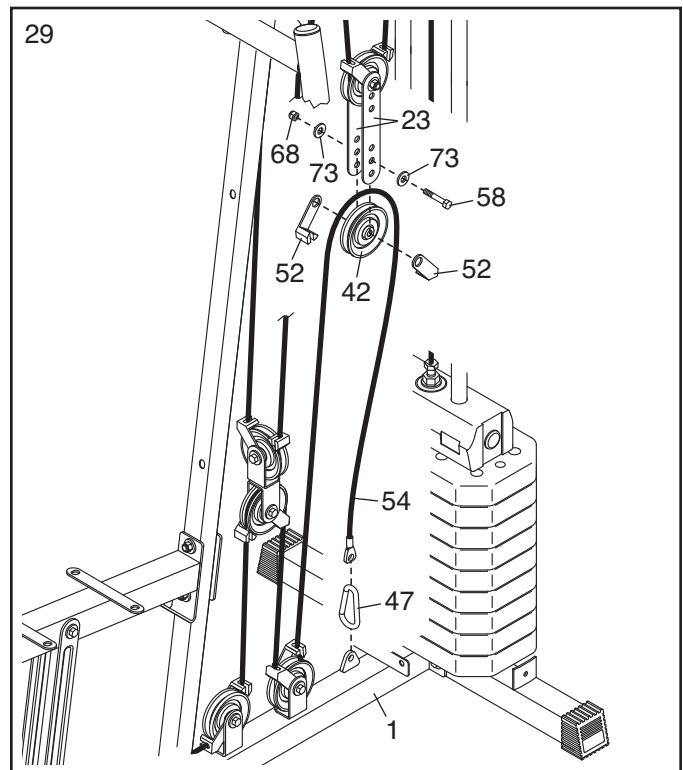


29. Route the Low Cable (54) over a Pulley (42).

Attach the Pulley (42) and two Cable Guides (52) between the second from the bottom set of holes in the two Pulley Plates (23) with an M10 x 50mm Bolt (58), two M10 Washers (73), and an M10 Locknut (68).

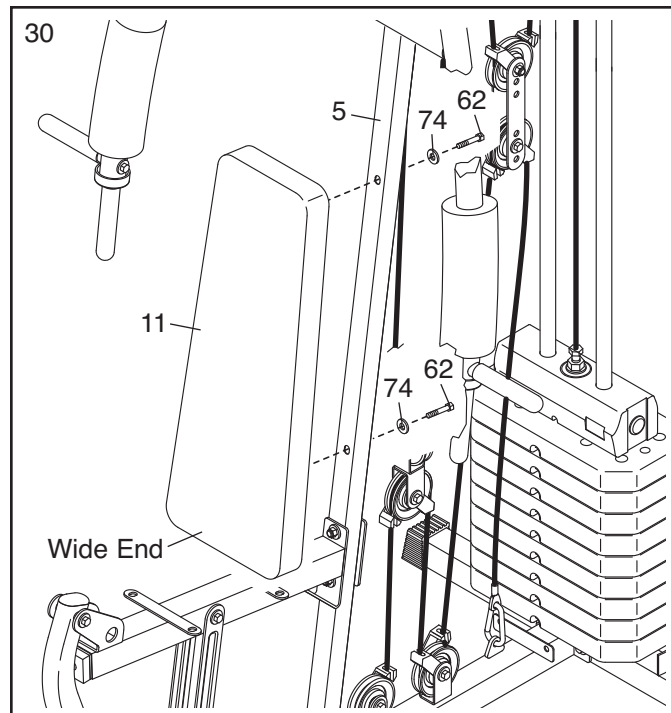
Make sure that the Cable Guides (52) are holding the Low Cable (54) in the groove of the Pulley (42).

Attach the end of the Low Cable (54) to the Long Base (1) with a Cable Clip (47).



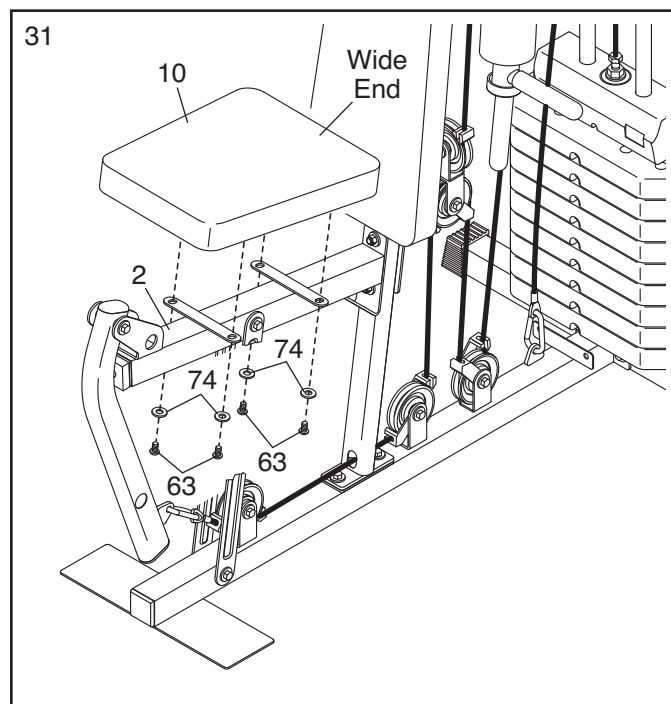
30. Orient the Backrest (11) so that the wide end is facing downward.

Attach the Backrest (11) to the Upright (5) with two M8 x 42mm Screws (62) and two M8 Washers (74).



31. Orient the Seat (10) so that the wide end is in the indicated location.

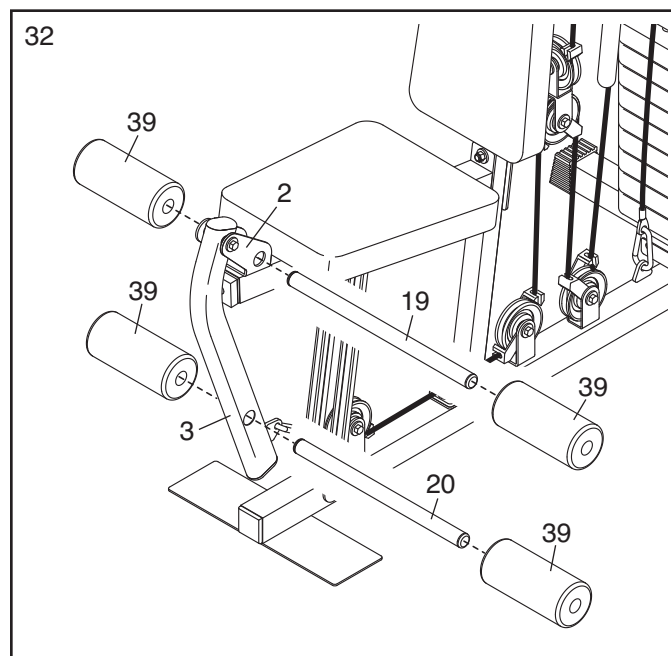
Attach the Seat (10) to the Seat Frame (2) with four M8 x 16mm Screws (63) and four M8 Washers (74).



32. Identify the Long Pad Tube (19) and the Short Pad Tube (20).

Insert the Long Pad Tube (19) through the bracket on the Seat Frame (2). Slide two Small Foam Pads (39) onto the ends of the Long Pad Tube.

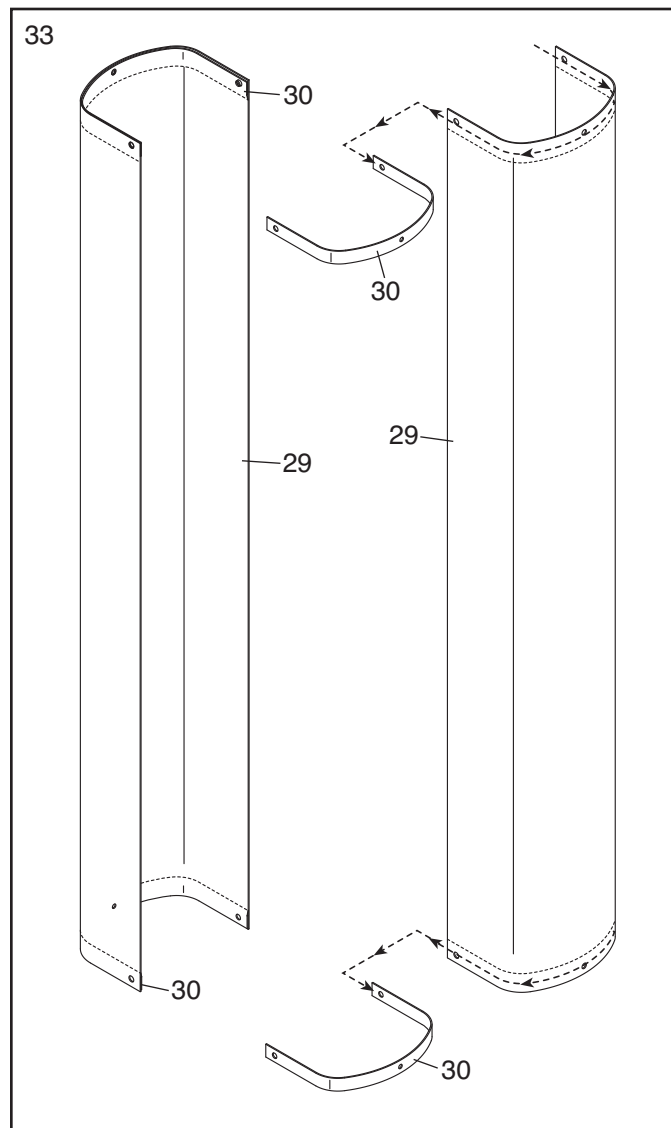
Insert the Short Pad Tube (20) through the Leg Lever (3). Slide two Small Foam Pads (39) onto the ends of the Short Pad Tube.



33. Slide the upper end of a Shroud (29) onto a Shroud Bracket (30).

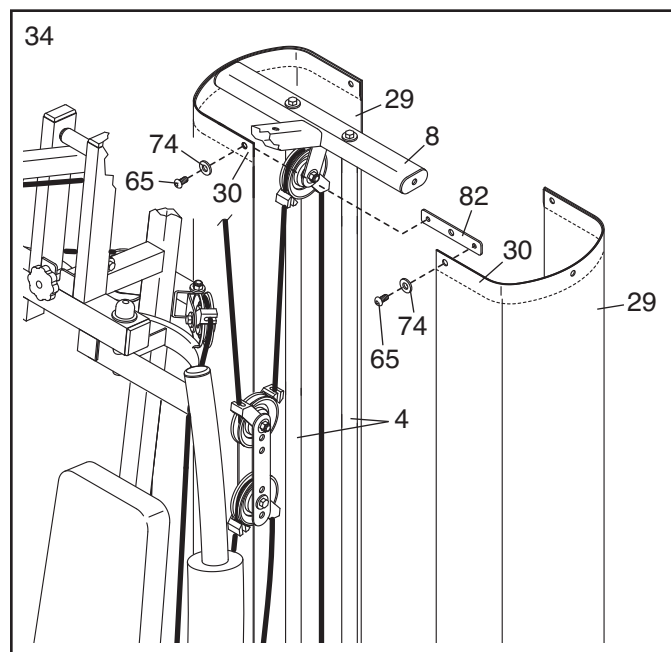
Then, slide the lower end of the Shroud (29) onto a Shroud Bracket (30).

Repeat this step for the other Shroud (29).



34. Have a second person hold the Shrouds (29) and the upper Shroud Brackets (30) around the rear of the Top Frame (8).

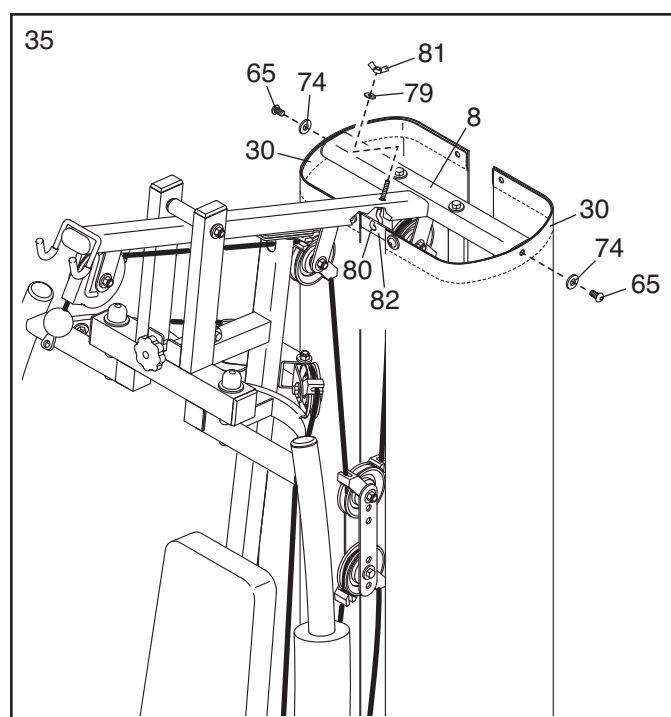
Attach the front of each upper Shroud Bracket (30) to the Shroud Plate (82) with an M8 x 20mm Screw (65) and an M8 Washer (74).



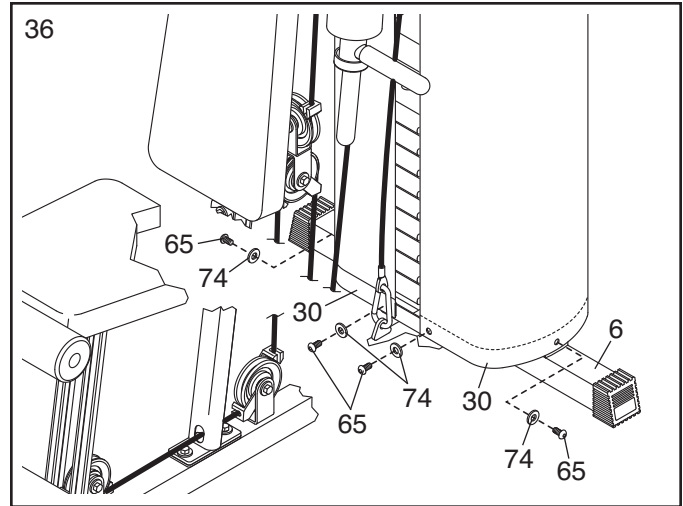
35. Insert the hook on the J-bolt (80) into the center hole in the Shroud Plate (82).

Then, insert the J-bolt (80) upward through the Top Frame (8). Tighten the Wingnut (81) and the M6 Washer (79) onto the end of the J-bolt.

Attach each upper Shroud Bracket (30) to the Top Frame (8) with an M8 x 20mm Screw (65) and an M8 Washer (74).



36. Attach the lower Shroud Brackets (30) to the Short Base (6) with four M8 x 20mm Screws (65) and four M8 Washers (74).



37. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 22.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around the pulleys. If one of the cables does not move smoothly, find and correct the problem.

IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the **CABLE DIAGRAM** on page 26 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See **MAINTENANCE** on page 25.

ADJUSTMENT

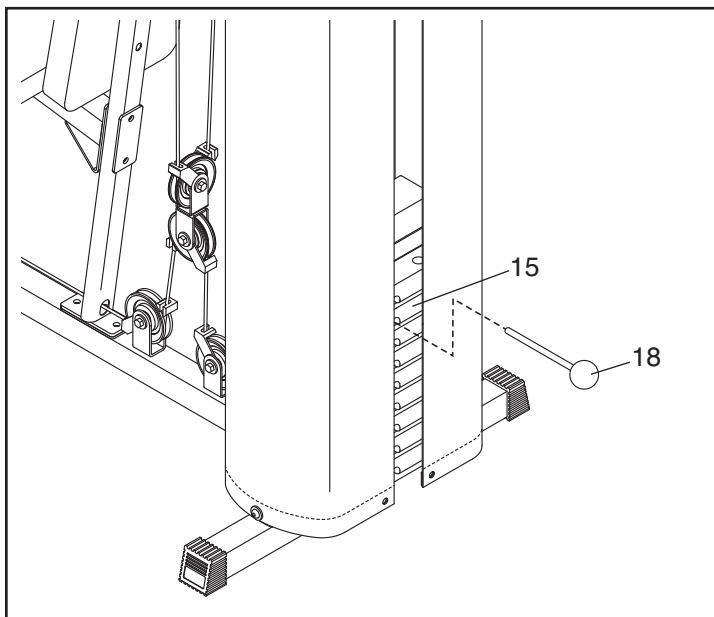
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 27 for important information about how to get the most benefit from your exercise program.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

ADJUSTING THE RESISTANCE

To change the amount of resistance during your workout, insert the Weight Pin (18) into the desired Weight (15) in the weight stack. Make sure that the Weight Pin is fully inserted into the Weight.

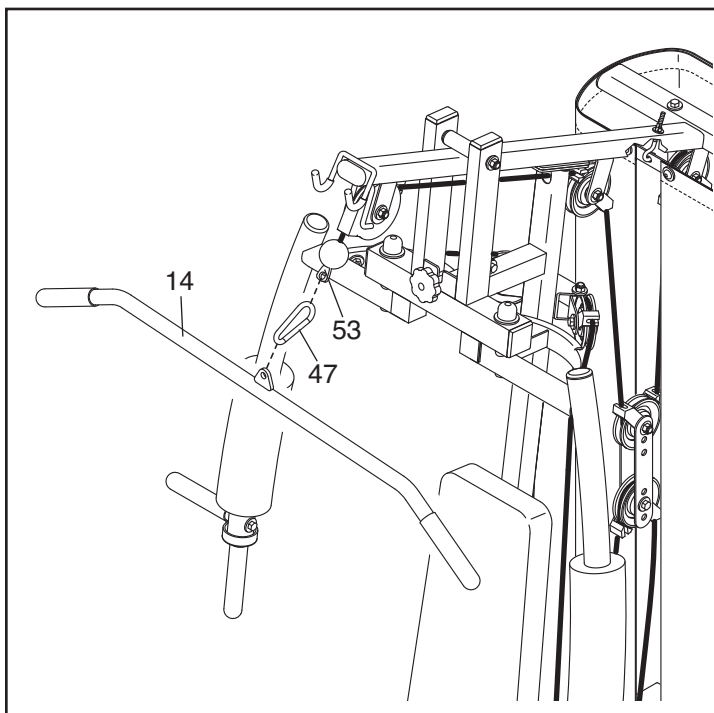
Note: The amount of resistance at each exercise station may vary from the weight setting. Use the **WEIGHT RESISTANCE CHART** on page 24 to find the approximate amount of resistance for each weight station.



ATTACHING THE THE LAT BAR

Attach the Lat Bar (14) to the High Cable (53) at the high pulley station with a Cable Clip (47).

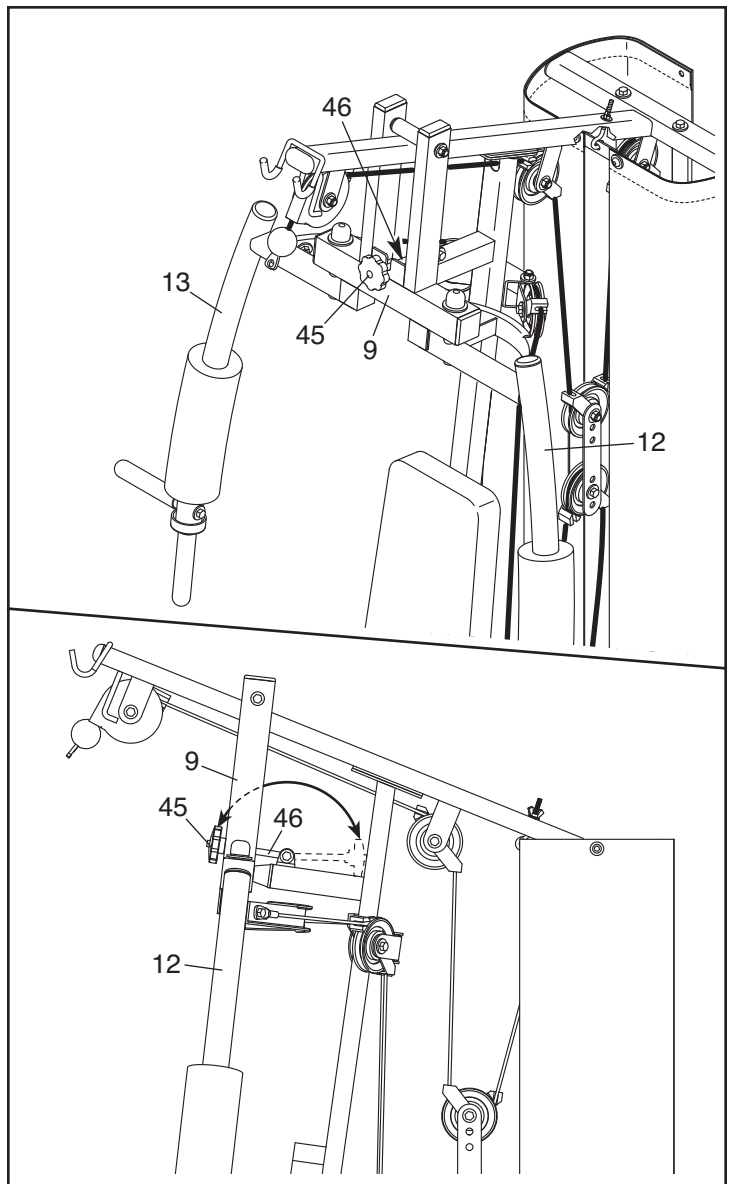
Always disconnect the Lat Bar (14) from the weight system when performing an exercise that does not require the Lat Bar.



CONVERTING THE ARMS

To use the Arms (12, 13) as butterfly arms, pivot the Lock Rod (46) into the groove in the Arm Frame (9) and tighten the Lock Knob (45).

To use the Arms (12, 13) as press arms, loosen the Lock Knob (45) and pivot the Lock Rod (46) out of the groove in the Arm Frame (9).



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 11-lb. weights. **Note: The actual resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)
0	14.7	13.2	20.1	15.5
1	27.2	21.8	30.8	27.5
2	39.5	28.5	42.3	39.0
3	50.6	38.2	48.4	49.8
4	62.1	42.8	58.5	65.4
5	74.3	48.7	64.4	74.7
6	86.1	56.3	75.0	84.6
7	97.5	63.4	80.2	95.5
8	112.4	72.7	90.9	108.4
9	122.8	82.5	100.4	119.3

Note: 1 lb. = 0.45 kg

MAINTENANCE

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. **Do not use solvents to clean the weight system.**

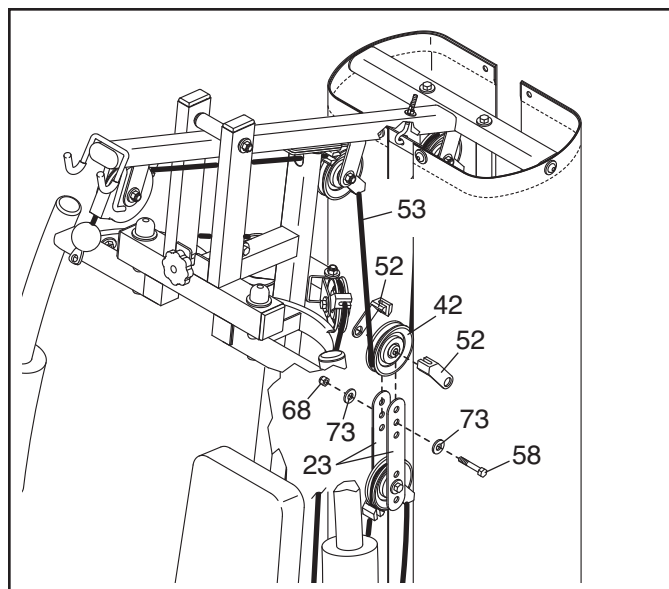
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from the cables several ways:

To tighten the cables, you must change the position of the upper Pulley (42) attached to the Pulley Plates (23).

Remove the M10 Locknut (68), the two M10 Washers (73), and the M10 x 50mm Bolt (58) from the Pulley Plates (23). Then, remove the Pulley (42) and the two Cable Guides (52).

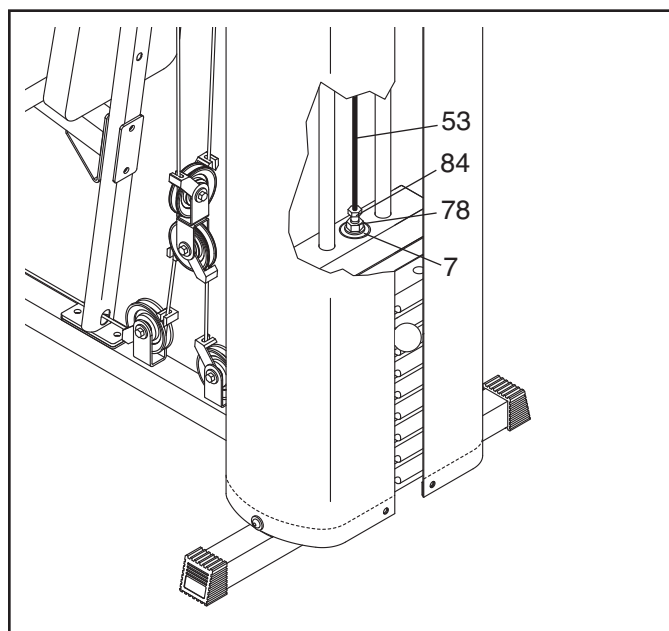
Reattach the Pulley (42) and the Cable Guides (52) to the Pulley Plates (23) using a lower set of holes in the Pulley Plates. **Make sure that the Cable Guides are holding the High Cable (53) in the groove of the Pulley.**



If you have tightened the cables as described above and there is still slack in the cables, then you should tighten the High Cable (53) further into the Weight Selector (7).

Loosen the 1/2" Nut (84) on the High Cable (53). Tighten the High Cable into the Weight Selector (7) until the slack is removed from the High Cable.

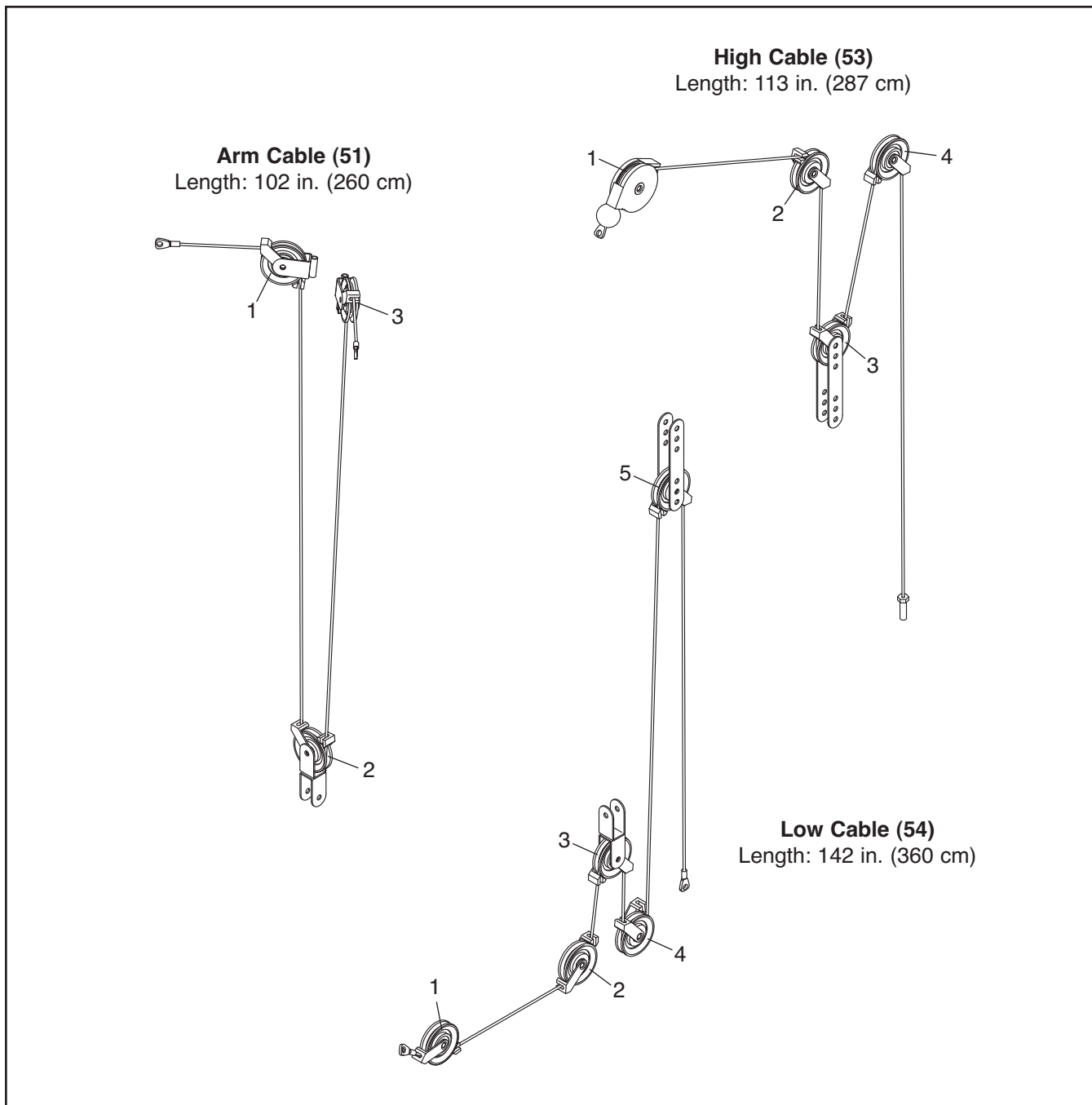
Then, retighten the 1/2" Nut (84) against the 13mm Washer (78).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route for that cable. Use the diagram to make sure that the cables and the cable guides are assembled correctly. If the cables are not assembled correctly, the weight system will not function properly and damage may occur.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

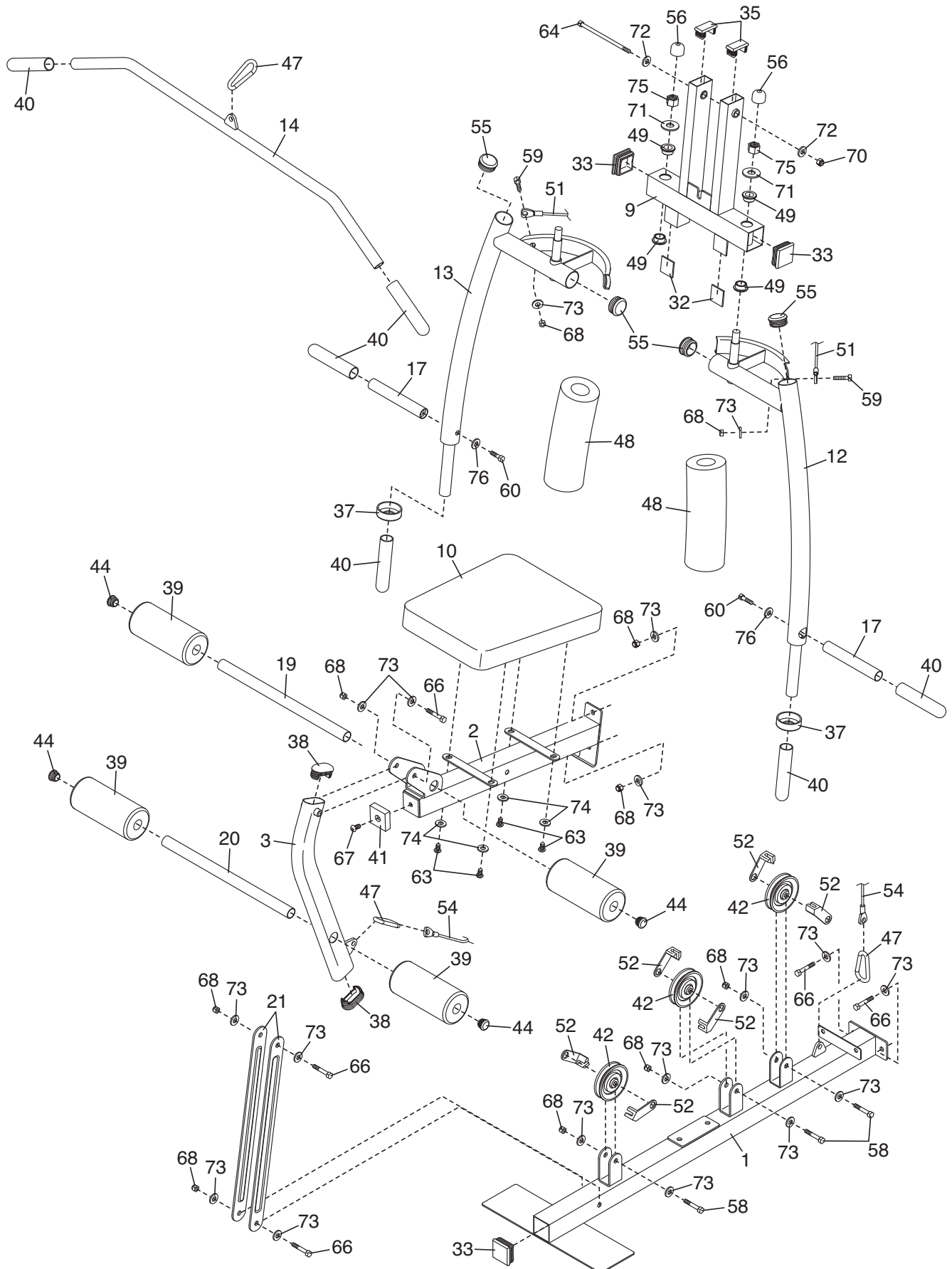
PART LIST—Model No. WEEVSY1909.0

R0809A

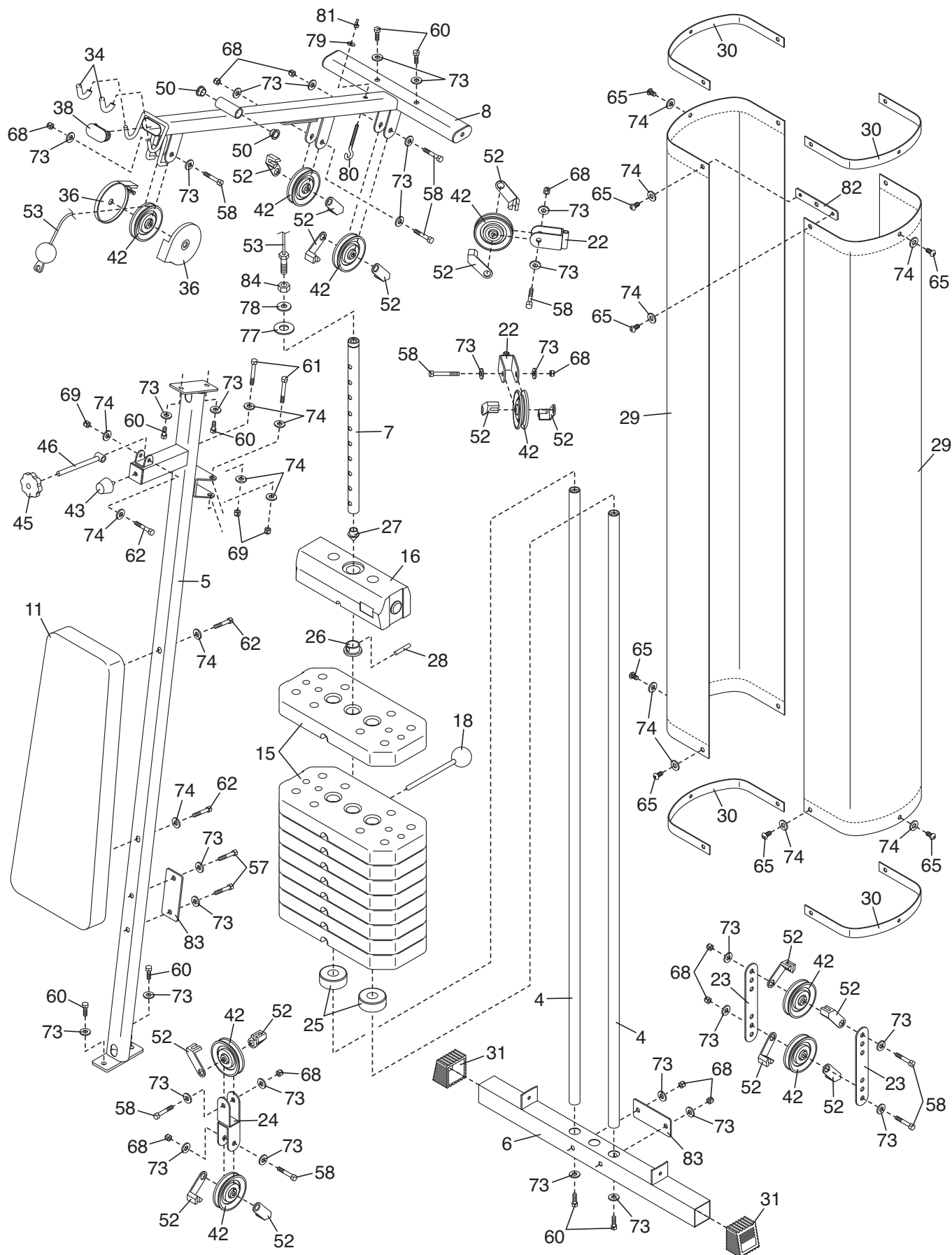
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Long Base	45	1	Lock Knob
2	1	Seat Frame	46	1	Lock Rod
3	1	Leg Lever	47	3	Cable Clip
4	2	Weight Guide	48	2	Large Foam Pad
5	1	Upright	49	4	Large Bushing
6	1	Short Base	50	2	Small Bushing
7	1	Weight Selector	51	1	Arm Cable
8	1	Top Frame	52	22	Cable Guide
9	1	Arm Frame	53	1	High Cable
10	1	Seat	54	1	Low Cable
11	1	Backrest	55	4	42mm Round Inner Cap
12	1	Left Arm	56	2	5/8" Dome Cap
13	1	Right Arm	57	2	M10 x 55mm Bolt
14	1	Lat Bar	58	12	M10 x 50mm Bolt
15	9	Weight	59	2	M10 x 35mm Bolt
16	1	Top Weight	60	10	M10 x 25mm Screw
17	2	Handle	61	2	M8 x 63mm Bolt
18	1	Weight Pin	62	3	M8 x 42mm Screw
19	1	Long Pad Tube	63	4	M8 x 16mm Screw
20	1	Short Pad Tube	64	1	1/2" x 6 1/8" Bolt
21	2	Brace	65	8	M8 x 20mm Screw
22	2	U-bracket	66	5	M10 x 75mm Bolt
23	2	Pulley Plate	67	1	M10 x 25mm Screw
24	1	Double U-bracket	68	21	M10 Locknut
25	2	Weight Bumper	69	3	M8 Locknut
26	1	Plastic Bushing	70	1	1/2" Locknut
27	1	Weight Selector Cap	71	2	5/8" Washer
28	1	Bushing Pin	72	2	1/2" Washer
29	2	Shroud	73	48	M10 Washer
30	4	Shroud Bracket	74	20	M8 Washer
31	2	50mm Square Outer Cap	75	2	5/8" Locknut
32	2	Arm Bumper	76	2	M10 Curved Washer
33	3	50mm Square Inner Cap	77	1	26mm Washer
34	2	Lat Bar Rest Cover	78	1	13mm Washer
35	2	25mm x 50mm Square Inner Cap	79	1	M6 Washer
36	2	Round Cable Guide	80	1	J-bolt
37	2	Arm Cap	81	1	Wingnut
38	3	Oval Inner Cap	82	1	Shroud Plate
39	4	Small Foam Pad	83	2	Base Plate
40	6	Handgrip	84	1	1/2" Nut
41	1	Leg Lever Bumper	*	—	Assembly Tool
42	12	Pulley	*	—	User's Manual
43	1	Arm Frame Bumper	*	—	Exercise Guide
44	4	25mm Pad Cap	*	—	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. WEEVSY1909.0 R0809A



EXPLODED DRAWING B—Model No. WEEVSY1909.0 R0809A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)